

Border Eagle

Vol. 53, No. 38

Laughlin Air Force Base, Texas

September 23, 2005



Airman 1st Class Troy Watts (right), of the 47th Communications Squadron, renders a salute as Staff Sgts. Joseph Joslin (center) and Scott Ramsey prepare to raise the POW/MIA flag following a three-mile ruck march Sept. 16. Airman Watts, along with more than 20 other base members, took 30-minute vigils at the base flagpole, and about 175 XLers marched Sept. 16 to observe National POW/MIA Recognition Day. See page 11 for more POW/MIA Day event photos.

Photo by Master Sgt. Anthony Hill

Laughlin ceremony honors POWs, MIAs

1st Lt. Sheila Johnston
Public Affairs

The third Friday each September brings National Prisoner of War and Missing in Action Recognition Day to Laughlin.

This year, events included a 12-hour vigil hosted by the Air Force Sergeants Association, a three-mile ruck march hosted by the 47th Security Forces Squadron, and a symposium and retreat ceremony. Over 450 members of Team XL, including military and family members, Del Rio Junior

Reserve Officer Training Corp students and Del Rio veterans participated in the events.

Beginning at 5 a.m., Airmen from across the wing stood vigil at the wing flagpole. Twenty-four Airmen--enlisted and officer--took turns standing vigil in 30-minute increments. Senior Airman Oscar Vargas stood final watch and relinquished his post during the retreat ceremony.

At 7 a.m., about 175 squadron members began arriving at the base track to form up for the three-mile march through base housing. Toward

the end of their route, the group stopped by the wing flagpole to raise the POW/MIA flag.

At 4:30 p.m., Airmen and veterans gathered in Anderson Hall to briefly learn what actions the military is taking to recover comrades still missing in action from a variety of wars.

Immediately following, they trooped to Heritage Park to witness a missing-man formation flyover and participate in retreat. To close retreat and remember fallen comrades, 1st Lt. Katie Hale bugled Taps.

Newslines

Medical Group closure

The 47th Medical Group will be closed Thursday due to Wing Fitness Day activities.

For emergencies, go to the emergency room or dial 9-1-1. (For instance, emergencies, are loss of life, limb, eyesight, shortness of breath or chest pain.) For family practice urgent medical matters and to obtain a pre-authorization number, page the Primary Care Manager on-call at 298-5444 extension 3718 and follow prompts on pager.

To contact the flight surgeon on-call, call the command post at 298-5167. The 47th Medical Group will reopen 7:30 a.m. Sept. 30.

Finance closure

The finance customer service counter will close Thursday for Wing Fitness Day activities.

For emergencies, call 734-2474.

Deployment stats

Deployed:	33
Returning in 30 days:	20
Deploying in 30 days:	0

Mission status

*Mission capable rate
(As of Tuesday)*

T-1, 86.9%	T-6, 88.7%
T-38C, 77.5%	

Alcohol-related incidents

January to September 2004 17

Jan. 1 to September 22, 2005 20

Days since last incident 14

Zero, 100 percent: Goals for effective mission



Commander's Corner

Col. Thomas Arko
47th Flying Training Wing
vice commander

As we wind down another fiscal-year execution and I marvel at Team XL's effectiveness, professionalism and attention to detail, I would like to propose some personal targets I shoot for that served me well during my two command tours.

They are simple yet hard to obtain and are broken down into two numbers: zero and 100.

Zero late officers/enlisted performance reports and awards submissions:

Our Air Force is the greatest in the world because of our Airmen.

As their supervisors and more importantly, their leaders, we owe them the proper recognition and accurate and timely account of their performance. My goal was to always beat the command and Air Force averages for promotions, and having spot-on reports that are well written is a step in the right direction!

Zero DULs / alcohol-related incidents:

We are all too important to our service, country and families to have a career ruined or worse, kill or injure an innocent person through the act of drinking and driving. I always had a plan...and enjoyed great wingmen. The motto I used as a bomb squadron com-

mander and later commander of the Air Force Flight Standards Agency (with no DULs in four years) was; "If you are going to get stupid...do it smart!"

I did not advocate prohibition or a lifestyle where one drinks to excess; I wanted my troops to have a good time if they desired but chided them to do it responsibly.

Zero delinquent government travel card accounts:

I never wanted to be highlighted as having bad stats and this is one area that has high-level attention. Laughlin has made enormous strides in the past two months in this endeavor. We have gone from almost the worst record in Air Education and Training Command to the best with no delinquencies!

I know at times there are cases where one gets caught crosswise with the system, but if you let your supervisor know and get involved, we can make the system work. Keep up the great work!

100 percent testing rate for physical fitness:

As many of us have experienced, today's Air Force is expeditionary in nature, and you can find yourself in a demanding environment at a moment's notice.

We need Airmen who are healthy and ready to go when called, and having an active physical-training regime with a current test is essential. Even more important than being ready to deploy, a lifestyle that includes good exercise allows you to live longer and more enjoyable to boot.

In fact, one of my goals is to collect more retired paychecks than I did on active duty!

100 percent focus at job

number one:

Be the best Airmen you can. Whether you work in the military personnel flight or on the flight line, fly jets or fuel them, our mission is to train the world's best pilots and Laughlin has trained over 12,500 since 1962.

Along with your day-to-day performance is the duty to prepare yourself for increased responsibilities by completing the appropriate level of professional military education as well as engaging in continual education.

Remember, it is not a question of "if" you leave active duty...it is a question of "when!" This focus will ensure you depart the Air Force with a great resume and the skills needed to be a productive member of our great nation.

100 percent fun: Not only is it important to work hard, it is important to relax and have fun. Take your 30 days of leave.

No one is so critical to the mission that they can not take their well-deserved vacation. Take advantage of the opportunities around the area to relax. Lake Amistad, Big Bend, San Antonio all offer numerous diversions from a demanding profession.

Finally, I want to thank 100 percent of you in making Denise and I feel welcome and your enthusiasm and efforts in getting me up to speed in all of your activities around the base.

Team XL is certainly a force to be reckoned with, and I am extremely privileged to be part of the 47th Flying Training Wing and look forward to meeting each and every one of you over the next couple of years.

What do you do when no one is watching?

By Agent Jason Engholm
Air Force Office of Special Investigations, Det. 246

SOUTHWEST ASIA--When you think of the expectations you have for your organization, superiors, peers and subordinates, what comes to mind? What core belief, beyond any other, are you adamant on to the last stand?

Of course, many of us would be able to rattle off the Air Force core values without a thought or extra breath. However, maybe there is something even deeper, yet more simplistic, than those three bold statements. Something like, "Do the right thing, even when no one is watching."

Several years ago while working at an office in Europe, I

heard a new Air Force Office of Special Investigations region commander explain his expectations for OSI agents in Europe. During his speech, he methodically returned to his basic standpoint of above all else, "Do the right thing."

No matter if it was during a witness interview, while conducting

See 'Watching,' page 3

Border Eagle

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Deadlines

News for the Border Eagle should be submitted to the 47th Flying Training Wing Public Affairs Office, Bldg. 338, Laughlin AFB, TX, 298-5262. **Copy deadline is close of business each Thursday the week prior to publication.**

Submissions can be e-mailed to: olufemi.owolabi@laughlin.af.mil or sheila.johnston@laughlin.af.mil.

Advertising

Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday.

Actionline

Col. Tod Wolters
47th Flying Training
Wing commander



**Call 298-5351 or email
actionline@laughlin.af.mil**

One way to work through problems that haven't been solved through normal channels is the Commander's Actionline.

Before you call in or e-mail an Actionline, please try to work out the problem through the normal chain of command or directly with the base agency involved.

When calling or e-mailing the Actionline, please keep messages brief and remember to include your name and phone number so you are assured of a timely personal reply. Contact information is also useful when additional information is needed to pursue your inquiry.

We will make every attempt to ensure confidentiality when appropriate.

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle.

Thanks for your cooperation, and I look forward to reading some quality ideas and suggestions.

Below are some useful telephone numbers that may be helpful when working your issue with a base agency.

AAFES	298-3176
Finance	298-5204
Civil Engineer	298-5252
Civilian Personnel	298-5299
Clinic	298-6311
Commissary	298-5815
Dormitory manager	298-5213
EEO	298-5879
FWA hotline	298-4170
Housing	298-5904
Information line	298-5201
Legal	298-5172
MEO	298-5400
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810

"Through trust and teamwork, train expeditionary airpower experts to fight and win America's wars."

— 47th Flying
Training Wing
mission statement

Airmen are critical in Air Force mission**Sight
Picture**

By Gen. Michael T. Moseley
Air Force Chief of Staff

We are a nation at war. Sept. 2 marked the 1,426th day we've been fighting Operation Enduring Freedom.

World War II lasted 1,347 days. We've now been fighting the Global War on Terror for 2 years, 2 months longer than World War II.

From the day Desert Storm kicked off, January 17, 1991, the Air Force has been in continuous combat. For 14 years, our enemies have shot at us, and for 14 years we've returned the favor. But no matter how long the road, we must never lose our focus on winning this fight.

Today, we are engaged more than ever..from across the globe to here at home. From taking the fight to the enemy in Iraq; to rebuilding lives in the wake of

Hurricane Katrina; to controlling satellites on the other side of the world; to fighting forest fires in the Rockies; to patrolling the skies over America --you can be proud of the work your Air Force is doing to protect our country. I'm incredibly proud to be a member of an Air Force family that has over 106,000 Airmen assigned or deployed in 64 countries on every continent and in every time zone throughout the world.

We have handled each and every task brought before us with lethal efficiency because of you. It is an honor to work and fight alongside you in service to our Republic. The 684,000 active, Reserve, Guard, and civilians of the United States Air Force are truly a total force. We stand alongside our Army, Navy, Marine Corps, Coast Guard, and Merchant Marine brethren ready to answer the nation's call. We fight together; we triumph together. Our promise to the joint team is that as Airmen we will always be the best in the world at what we do: dominating Air and Space from one inch above the ground to 100,000 miles above the earth.

Today, we have three major challenges facing our Air Force. First and foremost is accomplishing the combatant tasks the President and Secretary of Defense assign. The tasks will be ones we've done before and ones we've never undertaken.

Second, we must preserve that which makes us the most feared air force in the world--our people.

Our culture of excellence must continue to develop Airmen... Airmen who are the most adaptable, most skilled, most professional, and most lethal the world has ever known.

Third, we face the difficult task of operating the oldest inventory in the history of the United States Air Force. My senior leadership will work to break this vicious cycle. I need you, our Airmen on the line, to continue making the mission happen.

As we work towards a more secure, more peaceful tomorrow, look around. Behind us you'll see a proud, rich heritage. And in front of us is a limitless horizon. So let's push it up; go to work and make the mission happen.

Watching, from page 2

threat assessments in Latvia or performing background investigation checks in Germany, he always said, "Do the right thing." I, along with many others who heard that commander speak, have taken that bit of professional and personal advice to heart. I now feel that subtle, yet powerful, phrase is the key to a strong ethical code.

So, how do you follow this code and make the right choices and actions? Is there a magic formula or an instruction that outlines how a person should make decisions and act? No, unfortunately there is not. We must depend on our training, personal integrity and commitment to each other.

To abide by this expectation, we have to remain true to our training and cannot cut corners, bend the rules or stretch the truth. For example, at a recent meeting, I witnessed a foreign national

counterpart decline alcohol refreshments because his commander--hundreds of miles away--issued an order that prohibited his nation's personnel from consuming alcohol while in theater.

Even though others were able to indulge, and there was little chance anyone would find out, my friend stuck to his personal obligation to do the right thing. I respect my friend for his courage and commitment to duty.

In addition to staying true to the rules of our profession, we must insist on the integrity to take the path of the challenging right over the simple wrong.

For instance, when we are performing duty within the restricted area on the flightline and observe someone who may be unauthorized, we must put forth the extra effort to challenge the individual rather than letting the next technician confront that person. Although we are busy, that extra effort sets us above other

professions. In the end, an honorable life is more rewarding than an easy one.

The last portion of this expectation is to have the yearning and commitment to watch out for each other. Simple things such as replenishing paper towels in the bathrooms and engaging each other in conversations about life can accomplish this.

We should exploit the chance to mentor and develop each person and grade at every opportunity and share the principles of leadership and management regardless of our own rank. We must develop and nurture the people we work with as we perform as a team to uphold the high expectations we have for our profession and selves.

"Do the right thing." It is a simple approach to life that is the critical core to a strong ethical code. By living by this philosophy, we remain faithful to our vocation, ourselves and each other.

Users can log on to portal with common access card

By Staff Sgt. Todd Lopez
Air Force Print News

WASHINGTON--Users can now log on to the Air Force Portal using their common access card and personal identification number.

This latest change to the Air Force Portal means fewer passwords for users to remember and leads to greater security for Air Force networks, said Maj. David Gindhart of the Air Force warfighting integration and chief information officer directorate at the Pentagon.

“We have gone to a newer, easier, more secure way of logging into the Air Force Portal,” Major Gindhart said. “The beauty of the CAC login is that it requires you to physically have (a CAC) issued through the proper authorities, and then you have to have the PIN. So it’s a two-factor authentication, much stronger than the user ID and password combination.”

Major Gindhart said getting the Air Force Portal to recognize your CAC is easy. Users should go to the Portal Web site at <https://www.my.af.mil> and click the “New/existing users start here” link under the “Register Now with CAC” heading.

“It’ll take a few minutes to associate your CAC with your user ID and password,” the major said. “In the background it’ll take about 30 minutes for the software to update. From there on out you use the CAC to log in.”

If users need to log into the Portal from home or any machine without a CAC reader, they will still be able to log in with their password and ID combination, he said.

When users use their CAC to access the Portal, they will continue to have access to the reduced sign-on access applications they have set up, such as the Virtual Military Person-



Air Force photo illustration

nel Flight, myPay, Air Force Personnel Center secure, Air Force Virtual Education Center, the fitness management system and more.

The Portal will continue to change and improve as the DOD updates requirements for network user authentication,

Major Gindhart said.

“Where the Portal goes depends on where DOD goes with identification mechanisms,” he said. “Clearly, things like biometrics are the future--whether it be finger, thumb or retinal scan. Those are things they are looking at.”

1X2
Roxxi

1X2
Animal House

2X2
Top Brisket

2X2.5
Consumer Credit

Texas Rib
Wagon

2X3.5
Ace Cash
Payday loans

Air Force mobilizes for Hurricane Rita

By Louis A. Arana-Barradas
Air Force Print News

SAN ANTONIO--As Hurricane Rita churns through the Gulf of Mexico, the Air Force is mobilizing forces in anticipation of the storm hitting the Texas Gulf Coast.

The hurricane - some are already calling it a "monster storm" - could make landfall near Galveston by late today or early Saturday, National Hurricane Center officials said. The storm's winds have already reached 165 mph.

Galveston, which is about

50 miles south of Houston, is on a two-mile-wide barrier island. City officials there have already ordered the city evacuated. Others along the coast are also packing up and leaving.

In the meantime, U.S. Northern Command is ready to respond to requests for help by the Federal Emergency Management Agency before, or in the wake of the hurricane, command officials said. Forces will deploy where needed, officials said.

Thousands of troops are still helping FEMA with relief and recovery efforts along the

Louisiana and Mississippi Gulf Coast ravaged by Hurricane Katrina three weeks ago. Northern Command is working to develop plans to reposition some of those troops to other areas, officials said.

As the hurricane nears Texas, military members and their families at bases along the Gulf Coast face evacuation to Lackland Air Force Base. That could happen at any time, said Wayne Bryant, a Lackland spokesman.

"This is the reception point for military personnel and their families from installations along the Gulf Coast," Mr. Bryant

said. "Lackland has set up an evacuee reception center to process those families who arrive. We'll provide housing, food and medical assistance, if required."

He said from 3,000 to 3,500 people could arrive in the next few days. This is not a new mission at the base. It was the reception point for thousands of Hurricane Katrina evacuees. Airmen there received 89 flights in 55 hours carrying more than 9,700 people during the Labor Day holiday weekend. San Antonio provided refuge for many displaced people from New Orleans.

With this latest hurricane just days away, the military has a defense coordinating officer and a defense coordinating element on the ground in Austin. Their job is to liaison between Northern Command and FEMA and with other federal and state agencies.

The command also announced it is ready to use Fort Sam Houston here as a staging base. Officials are now identifying helicopters for use in damage assessment and medical support.

As events continue unfolding, thousands of Airmen around the nation are getting ready to provide search and rescue, airlift, logistics, communications and medical support as needed. However, others are getting out of the path of the storm. Many responded to the Hurricane Katrina relief effort.

At Lackland, the Air Force Reserve's 433rd Airlift Wing is evacuating its fleet of C-5 Galaxy aircraft to Biggs Army Airfield in El Paso. The Air National Guard's 149th Fighter Wing, also at the base, is sending its F-16 Fighting Falcons elsewhere, but wing officials said the site was not yet determined.

About 10 miles southeast of Houston, at Ellington Field,

the Guard's 147th Fighter Wing is also sending its F-16s to another location.

"Everyone around us is evacuating," said Master Sgt. Marcus Falleaf, a wing spokesman. "The traffic getting out of the city is terrible" as people evacuating Galveston transit the city.

"But we're still airlifting evacuees from Hurricane Katrina from here," he said. "We'll keep doing that until we have to leave," Sergeant Falleaf said.

The sergeant said a 75-member team will remain on the base and "ride out the storm." Another team of about 30 people will leave their homes Sunday and return to the base to help the other Airmen "start any cleanup that might be needed," he said.

Naval Air Station-Joint Reserve Base Fort Worth is also ready. The 136th Airlift Wing there will have four C-130 Hercules ready for around-the-clock operations by Sunday, according to Texas National Guard officials.

Air Mobility Command at Scott Air Force Base, Ill., is ready to continue supporting hurricane relief operations, said Maj. Mike Coleman, a command spokesman. AMC had a major role in the Hurricane Katrina relief effort, providing airlift, command and control and other assistance.

Across the Gulf of Mexico, Airmen are also gearing up.

FEMA has already asked Northern Command to make Homestead Air Reserve Base, near Miami, an operational staging base to pre-position food, water and ice.

And at Patrick Air Force Base, Fla., Airmen are ready to bed down any evacuated aircraft and to support any operational missions, like airlifts, and search and rescue, a base spokesperson said.



US Air Force photo

ELLINGTON FIELD, Texas — After 19 days of supporting the Hurricane Katrina relief effort in New Orleans, Airmen from the 147th Fighter Wing return home Monday to prepare for Hurricane Rita. Approximately 100 Air National Guardsmen from the 147th conducted security patrols and assisted in door-to-door recovery operations while in New Orleans. If Hurricane Rita makes a landfall, a base spokesman said the Airmen will stand poised to help in the Houston area.

Airpower supports Afghan elections

By Staff Sgt.
Marcus McDonald
455th Air Expeditionary
Wing public affairs

BAGRAM AIR BASE, Afghanistan--Airpower was in full effect as aircraft and crews supported Afghanistan’s National Assembly elections Sunday by deterring attacks on the ground.

U.S. Air Force A-10 Thunderbolt II and EC-130H Compass Call aircraft and U.S. Navy EA-6B Prowlers here have stepped up efforts to provide safe and secure conditions as the elections bring Afghanistan one step closer to democracy.

Airpower will be a major factor to the success of the elections and the follow-on political process, said Lt. Col. Dave Evans, Operation Enduring Freedom air component coordination element plans officer who is deployed from Eglin Air Force Base, Fla.

“We’ll maintain a sizeable airpower presence throughout the country to ensure the voting and ballot counting processes go as smooth as pos-

sible,” Colonel Evans said.

A-10s from Pope AFB, N.C., and Davis-Monthan AFB, Ariz., provided close-air support to ground troops and shows of presence for Afghan voters.

Lt. Col. Jeff Cowan, 74th Expeditionary Fighter Squadron commander, said his crews are doing what it takes to support ground operations.

“We’ve strategically positioned ourselves throughout Afghanistan to ensure the success of this election process,” he said.

EC-130Hs from Davis-Monthan and EA-6Bs from Whidbey Island Naval Air Station, Wash., are providing electronic protection for friendly forces as well as for those participating in the elections.

The EC-130H crews and support personnel are making an impact on the future of Afghanistan, said Lt. Col. Chuck Schnarr, 41st Expeditionary Electronic Combat Squadron commander.

“It’s fascinating that the Afghan people have been and continue to be excited about voting despite the dangers involved,” he said. “Our mission is to alleviate some of those

concerns and ensure success in these historic elections and beyond.”

“We’re in the skies providing an umbrella of protection by providing electronic jamming support to ground troops and voters,” said Navy Cmdr. Jay Johnston, Electronic Attack Squadron 134 commander out of Whidbey Island.

Many Airmen said they are proud to be playing a role in bringing Afghanistan another step closer to democracy.

“I feel very privileged to be a part of this moment in history,” said 1st Lt. Jeremy Smith, EC-130 mission crew commander for the 41st EECS. “As a squadron, we’re certainly proud to support our forces on the ground as well as the voters in this election process.”

“Without airpower, I believe the elections wouldn’t be as successful,” said Senior Airman Earlay Haag, A-10 crew chief from Pope AFB. “The presence of A-10s and other aircraft in the region are helping keep the terrorists away.”

For the 455th Air Expeditionary Wing commander and

director of the air component coordination element, it is a perfect example of how airpower plays a vital role in the election process.

“Our A-10, EC-130 and EA-6B crews, along with many coalition partners, are doing a fantastic job supporting the Afghan and coalition ground forces who are work-

ing so hard to ensure the elections are completed in an open and credible manner,” said Brig. Gen. Bruce E. Burda.

“This is a team effort and I can’t say enough about the job our folks are doing,” the general said. “They are truly helping to make history here in Afghanistan and the region.”

2X5

2X4

3X4



Photo by Master Sgt. Lance Cheung

Convoy course training...

SAN ANTONIO — Staff Sgt. Brian Hanson scans and shoots out the right side of a 2 1/2-ton truck during a basic combat convoy course on-road training scenario. The course is designed to train transportation Airmen in basic combat skills required to integrate with joint forces in hostile convoy operations. The mentally- and physically-challenging course is conducted at nearby Camp Bullis and is run by the 37th Training Wing at Lackland Air Force Base. Sergeant Hanson is assigned to the 16th Logistics Readiness Squadron at Hurlburt Field, Fla.

Air Force to determine course for Keesler Airmen

By John Ingle and Senior Airman Jacque Lickteig
82nd Training Wing public affairs

SHEPPARD AIR FORCE BASE—Sheppard leadership should find out soon a more definitive future for more than 1,200 Airmen from Keesler AFB, Miss., who arrived here Sept. 1 after Hurricane Katrina hit their base.

Senior Master Sgt. Terry Neuharth, superintendent of military training operations support at the 82nd Training Wing training operations office, said until a decision is made, Airmen will shadow permanent-party members in the career field they are training in. He said Airmen will do duties they would accomplish at their operational base upon completion of training.

“Right now a lot will be employed within their squadron and other agencies,” Sergeant Neuharth said. “They will get one-on-one type (on the job training) until further training is determined.”

Airmen who were training in the finance career field will work at the 82nd Comptroller Squadron while those who are training to be personnelists will work at the 82nd Mission Support Squadron.

This will continue until Air Education and Training Command’s career field managers make a final decision about how best to complete the Keesler Airmen’s training, said Col. Lansen Conley, 82nd TRW vice commander.

There are Airmen in a few specific career fields who don’t have a match here at Sheppard, such as air traffic controllers.

“That specialized training requires simulators,” Sergeant Neuharth said, conceding that Sheppard does not have the equipment required to continue their training.

Sheppard, Air Education and Training Command and Air Force officials are weighing options for those Airmen.

Sergeant Neuharth said most of the Airmen really didn’t understand what they had been through until they had a chance to gather their thoughts and see the damage on television.

“They were very sheltered on what happened down there,” he said. “A lot of them saw it on CNN and it hit them then.”

Most Airmen were able to get out of Keesler with most of their uniforms and civilian clothes. But, Sergeant Neuharth said there were a few who didn’t have any more than the uniform they were wearing and another one in their duffel bag.

For those Airmen in need, he said squadron clothing recovery programs will help fur-

nish uniforms.

“I think this is a great effort by Team Sheppard not only by providing the basics: food, shelter and clothing. But, by adopting them into the wing and providing military training,” Colonel Conley said.

As of Sept. 7, Sheppard’s evacuee count was 1,032.

The vice commander said some of the evacuees who are in the Guard or reserve, the ones who have graduated and the ones from the Army have gone back to their home units. Sheppard expects to send more of them home throughout the next week.

The rest of the evacuees at Sheppard will go through a schedule of activities, including the shadowing program, details, base cleanup efforts and drill to name a few until AETC leadership makes the call on how they’ll continue their training.

“AETC is trying to minimize the on-the-job training load on operational commands,” the colonel said.

“Eventually, they’ll reconstitute Keesler and all its training capability,” he said. “On an interim basis, they’ll relocate some of the Keesler training to other AETC bases.”

Sheppard leadership should find out next week what aspects of Keesler training will go to which bases.

(Courtesy Air Education and Training Command News Service)



Tech. Sgt. Todd Ludwig
47th Mission Support Squadron
Manpower Management Consultant

Hometown: Ypsilanti, Mich.

Family: Wife, Leslie, son, Andrew, and daughter, Kristin

Time at Laughlin: 28 months

Time in service: 15 years and 6 months

Greatest accomplishments: Marrying my wife Leslie and raising two terrific kids

Hobbies: I enjoy building computers and playing online games with my family.

Bad habit: My wife would probably say playing online games when I should be finishing other home projects.

Favorite movie: "The Breakfast Club," "The Lord of the Rings," "Nightmare on Elm Street," "We Were

Soldiers" and of course "Top Gun"

If you could spend one hour with any person, who would it be and why? That's simple, I would love to spend an hour with my mom. We don't get to see each other nearly as often as I would like to.

"Sergeant Ludwig is an extremely hard worker who never complains but salutes smartly and gets the job done. The manpower flight has been understaffed for at least four months due to retirements, deployments, and illness. He has done an outstanding job of keeping it together and still providing topnotch service to all customers."

—Maj. Patricia Rodriguez-Rey
Former MPF commander



Photo by Master Sgt. R. Steve Milligan

Gift of groceries can help military families displaced by Katrina

By Bonnie Powell
Defense Commissary Agency

Thousands of American troops are involved in relief efforts in the wake of Hurricane Katrina. Military families are also among those displaced by the disaster. Now a special link at <http://www.commissaries.com> will connect those interested in helping military families with a "gift of groceries."

The donated gift certificates can be used to assist military families in purchasing groceries at the commissary while they are temporarily housed at other installations. Commissaries are a military benefit, providing groceries at cost to active duty, retired and Guard and Reserve families.

"You can also purchase gift certificate here at then

Laughlin commissary," said store director, Anthony S. Longo. "We have \$25 certificates available for a \$1 service charge. Remember, these certificates can be used by authorized patrons at any commissary in the world."

"Several organizations, including Air Force Aid Society, the United Services Organization and Fisher House Foundation already receive thousands of dollars in commissary gift certificates every year to help military families in need," said Patrick B. Nixon, chief executive officer and acting director of the Defense Commissary Agency. "In this case, Fisher House Foundation and Air Force Aid Society are in a position to distribute gift certificates to military families from the affected area."

"We are making it pos-

sible for people to earmark their donations for Katrina relief," said Mike Baskerville, vice president of Certifichcks Inc. "The link will stay up until the need has been met."

The Gift of Groceries program is made possible through a business agreement with Certifichcks Inc. at no cost to DeCA or the federal government. The program allows anyone to purchase commissary gift certificates to donate or give as gifts, but only authorized commissary shoppers can spend them.

Air Force Aid Society is assisting with displaced families in the southern United States.

About 1,000 evacuees are at Maxwell Air Force Base, Ala., and help is also needed at more than 10 other installations where evacuees are temporarily housed.

Families at Tinker Air Force Base, Okla., are already getting commissary gift certificates as they settle in, according to family support center officials.

"Thirty patients in their last trimester of pregnancy were relocated to Lackland AFB from Keesler AFB, Miss.," said David Coker, executive director of Fisher House Foundation.

The Fisher House Foundation has constructed 33 comfort homes for military families who have loved ones being treated at military medical centers. "We are also helping at other installations and in other situations. For instance, residents at the Navy Armed Forces Retirement Home in Gulfport, Miss., are now living at the AFRH home in Washington, D.C."

The Defense Commissary Agency operates a

worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment.

Authorized patrons purchase items at cost plus a five-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of 30 percent or more on their purchases compared to commercial prices--savings worth about \$2,700 annually for a family of four.

A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.



Photo by Cheryl Gonzales

The Laughlin Honor Guard folds the U.S. flag during a retreat ceremony Sept. 16 which ended the day's POW/MIA activities.

POW, MIA Day: Team XL remembers, honors fallen comrades



Photo by Master Sgt. Anthony Hill

Carrying flags (from left), Senior Airman Benjamin Burns, Airman Dustin Blanchard and Staff Sgt. Joseph Joslin of the 47th Security Forces Squadron lead the ruck march held Sept. 16 in observance of National POW/MIA Recognition Day.



Photo by Airman 1st Class Olufemi Owolabi

(Above) Col. Tod Wolters, 47th Flying Training Wing commander, and Staff Sgt. Mariya Munguia, of the 47th Comptroller Squadron, place the memorial wreath during the POW/MIA Remembrance Ceremony held in Heritage Park Sept. 16. (At right) First Lt. Katie Hale, of the 47th Operations Support Squadron, plays Taps during the retreat ceremony.



Photo by Cheryl Gonzales

Practice good eye care, safety ‘out of sight’

By Staff Sgt.
Benjamin Rojek
325th Fighter Wing
public affairs

TYNDALL AIR FORCE BASE, Fla.--The comic book hero Daredevil gained superhuman powers when he was blinded by toxic waste that hit him in the eyes. Unfortunately, outside of the superhero realm, anyone else would just be blinded.

Therefore, protecting your eyes and keeping them healthy is paramount, as sight is one of the most important senses of the body, said Maj. Ryan Traver, 325th Aeromedical-Dental Squadron optometry flight commander. And while most people follow the rules and wear personal protective equipment such as safety glasses while at work, they tend to forget about it at home.

“One of the biggest injuries we get here is from people mowing the lawn without eye protection,” Major Traver said. “We also get a lot of injuries from people working on their cars at home.”

Lawn mowers can toss up rocks or chips of wood, while getting under the car for

a routine oil change without goggles can cause bits of rust, or even oil, to fall into the eyes.

Using hazardous chemicals, small hand tools or riding a motorcycle are other activities in which people should wear protective eye equipment, said Ken Jolley, 325th Fighter Wing ground safety chief.

Common eye injuries also come from not wearing protective eye gear while playing sports, Major Traver said.

“Many people wear safety glasses while playing racquetball,” he said, “but they rarely wear them while playing football, basketball or baseball. You need protection when there are any flying objects about, which includes any ball sport.”

Don’t forget about ultraviolet rays, the major said. Ultraviolet damage to eyes can be prevented by wearing sunglasses with 100 percent UV blocking.

“It doesn’t matter if they cost \$5 or \$400 dollars,” Major Traver said. “Sunglasses are important. In fact, they make safety sunglasses for both sun and foreign object protection.”

Another way to protect

your eyesight is by keeping your eyes healthy, the major said. Routine eye exams are extremely important.

“It varies by a person’s age, but an average, healthy adult should get an eye exam every two to three years,” he said. “Even if you don’t need glasses, everyone is susceptible to eye disease.”

If caught early, doctors can take care of eye disease, but people can help prevent infections by eating a healthy diet including green, leafy vegetables, and properly wearing their contacts.

“Never sleep in your contacts, no matter what the company says,” Major Traver said. “The maximum amount of time people should wear them is 10 to 12 hours a day.”

But why should anyone make such an effort to protect their eyes?

“You only have one set of eyes, and it doesn’t take very much to injure them,” Mr. Jolley said. “Try walking across a room with your eyes closed and see how far you get.”

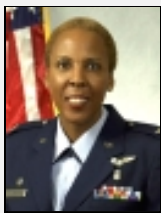
(Courtesy Air Education and Training Command News Service)

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www.af.mil/news

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What's up Doc?

By Col. Laura Torres-Reyes
47th Medical Group commander

Question: I'm really frustrated that my cholesterol is always high. I watch what I eat, exercise regularly, and I'm not overweight. I don't want to take medicine, but my doctor says I should. Before all the drug companies came along we did perfectly well without them. Why is cholesterol so important now, and do I really need to take drugs to lower it?

Answer: A person's blood cholesterol level determines their chance of developing heart disease or having a heart attack. Heart disease is now the number one killer of men and women in the United States. It is very important to control your cholesterol to prevent it from building up in the walls of your arteries.

Over time, the buildup causes narrowing of the arteries, slows down the blood flow and eventually causes a complete blockage.

It is recommended by the National Heart, Lung, and Blood Institute that everyone over the age of 20 should have their cholesterol measured at least once every 5 years. It is best to have a test called a "lipoprotein profile" to find out your cholesterol numbers. The blood test is done after a nine- to 12-hour fast, and gives you

information about your total cholesterol, the LDL (bad cholesterol), the HDL (good cholesterol), and your triglycerides. There are a variety of things that affect cholesterol levels. Eating a diet high in saturated fat and cholesterol will elevate your blood cholesterol. Being overweight is a risk factor for heart disease, and also raises your cholesterol. Not being physically active is also a major risk factor for heart disease.

Regular physical activity can help lower your bad cholesterol and raise your good cholesterol. Unfortunately, there are some things that affect your cholesterol that you have no control over. As women and men get older, our cholesterol levels rise.

Before the age of menopause, women have lower total cholesterol levels than men of the same age. After the age of menopause, women's bad cholest-

terol levels tend to rise.

Also, your genes have a role in determining how much cholesterol your body makes. High-blood cholesterol can run in families.

So, to finally answer your question, cholesterol levels are very important in determining your risk for heart disease. You should discuss your options for lowering your cholesterol with your doctor. Medication is certainly an option for many patients, but you should always weigh the risk and benefits, and work closely with your health care provider, to determine if it is the best option for you.

Thank you for your question!

You may contact Colonel Torres-Reyes at laura.torres-reyes@laughlin.af.mil if you have a What's Up Doc? question.

XLers place first, third in Air Force marathon

WRIGHT-PATTERSON AIR FORCE BASE, Ohio--During the ninth annual U. S. Air Force Marathon Sept. 17, eight XLers representing Air Education and Training Command showed the world their fit-to-fight spirit in the men and women category of the 26.2-mile relay team.

In the men's category of the 26.2-mile relay, Maj. Robert Rice, 47th Flying Training Wing flight safety chief; Maj. Rex Calvert, and 1st Lts. Daniel Arneson and Charles Eichner, of the 86th Flying Training Squadron, took first place.

And in the women's category, Capt. Colleen Crabtree, 47 Operations Support Squadron, 1st Lts. Kate Black, 86th FTS, Margaret Eichner, 47th Operations Group and Victoria Whittaker, 47 Communications Squadron, took third place.

Some 3,454 runners from all 50 U.S. states and seven countries participated in the ninth annual U. S. Air Force Marathon Sept. 17.

The full 26.2-mile race began the day at 7:35 a.m., followed by the four-person team relay race then the 13.1-mile half marathon race. A 5k (3.1-mile) race was held later in the day.

The race started gray, overcast skies--perfect weather according to many runners. Participants were aided by nearly 1,800 volunteers and aid stations at every mile along the marathon

route and at the finish-line area.

Hendrik Vanloon of the Belgian Air Force won the race with a time of 2 hours, 41 minutes, 15.9 seconds. He became the second man to claim two overall marathon wins here. He won the race in 2003 and was second last year by just four seconds.

Wright-Patterson's Lt. Col. Mike Michno took second place overall and was the men's military winner in 2:45:33.25. He was seventh in the initial 26.2-mile race in 1997.

Capt. Kori Delwiche, of McGuire Air Force Base, N.J., won the women's race in 3:02:22.75, upsetting two-time defending champion Capt. Jill Metzger. Captain Metzger, who is stationed at Moody AFB, Ga., took second overall for women in 3:06:38.55.

Captain Delwiche, who ran the marathon for the first time since 1999, is the fourth Air Force woman to win the women's overall division. She follows Lori Eppard in 1997; Heidi McKenna in 1998; and Captain Metzger in 2003 and 2004.

Second Lt. William Bohlke, of St. Croix, Virgin Islands and a member of the Air National Guard team, took the half marathon race in 1:11:47.15. Senior Airman Rebecca Oldenhouse, of Robins AFB, Ga., won the women's half marathon in 1:30:15.45.

The National Guard Stars and

Stripes relay team won its race in 2:31:05.6. Airman 1st Class Brett Still of Shaw AFB, S.C., won the overall 5k race in 15:34.31, and Kelly Donahue, of Fairborn, took the women's division in 20:45.51.

The U. S. Air Force Marathon is about much more than who finishes first, officials said. Many enter just to see if they can finish.

No matter what level of skill, the runners found cheering throngs at many points along the route. The runners' chute, near the National Museum of the U. S. Air Force to the finish line, was lined with spectators at the sidelines cheering the finishers home.

Some runners had family and friends join in with them toward the end of the race, holding hands, struggling, smiling. They then received what some consider the best award anybody can receive at such a race -- a medallion for their particular race, awarded by a base official or one of the sponsors.

The first Air Force Marathon was held in 1997 in conjunction with the 50th anniversary of the Air Force. It is run on the Saturday nearest the anniversary on Sept. 18 every year. The 10th annual U. S. Air Force Marathon will be Sept. 16, 2006.

Full race results are available at <http://afmarathon.wpafb.af.mil/>.

Sportslines

Fit-to-Fight Challenge

The 47th Flying Training Wing Fit to Fight Readiness Challenge begins at 7 a.m. Thursday at the base track.

The day of food, sports and fun begins with a 5K run at the track, which is mandatory for all military members not on profile.

More than 20 activities are open for participation, which include track-and-field events, a homerun derby, tug-of-war, hot-shot basketball, ultimate frisbee, in addition to tricycle, sandbag, litter and soccer dribble relays.

Events will be conducted by base squadron representatives and will include rules for competitors.

Contact unit physical training leaders as soon as possible to sign up for events.

Varsity basketball tryouts

Tryouts for the Laughlin men's varsity basketball team will be conducted from 5 to 6:30 p.m. Tuesday and Thursday at the Losano Fitness Center.

The tryouts are open to military members and Department of Defense civilians. For more details, call the fitness center at 298-5251.